

# Work in Progress: Being Content To Achieve Progress Not Perfection

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## Perfection is an illusion.

**Perfection:** the condition, state, or quality of being free from all flaws or defects

Trying to be perfect is pointless and can be a waste of energy.

In our mission to achieve perfection, we miss the journey and beauty around us.

## Overachievers Anonymous

Being perfect is impossible, but if you're an overachiever, you won't see it that way.

*Why do we have such unrealistic expectations?*

## The Downside To Being An Overachiever:

- 1. Slows You Down** When you try to be perfect you will never progress or get anywhere. We stop completely or even give up. We feel like failures because we expect ourselves to be perfect.
- 2. Paralysis by Analysis** Overachievers have a hard time prioritizing because everything, in their mind, is equally important. Choosing one project to focus on at the expense of another can cause tremendous turmoil. This dilemma causes overachievers to get stuck.

"If everything is a priority than nothing will get done"

- 3. Never Just One More Thing** An overachieving perfectionist work is never finished.

You are a work in progress

Strive for continuous improvement, instead of perfection.

**Progress Toward Achieving Your Best Self** With this new "work in progress" mindset you are on your way to become your "best self" striving for progress and growth. Not perfection. Evolving with each experience, moving forward developing skills and building character along the way to be your best self.

**Step One: Believe in YOU**

**Step Two: Identify** Who is your Best Self that you are reaching for? What does that look like? What would that feel like?

**Step Three: First Steps** What direction should you take first? Are any changes required to get you there?

## The Rise. The Fall. The Getting Back Up: The Journey

Focus on your journey or the process of developing, improving and performing better. Life is not about perfection! It's about trying, learning, messing up, and trying again. Sometimes maintaining progress in your journey is just as important as the destination. Don't get down on yourself because something wasn't done perfectly. Chasing perfection can cause us to miss the fun of the journey. The excitement of trying new things, exploring new avenues or find success along the way.

## Learning I Evolving I Growing

Mandela

"I never lose. I either win or I learn." -Nelson

## Flops & Failures

Kelley

We all make mistakes and have failures in our career. The big thing is what you do after. Do you stay down and negative and let that flop take the energy out of your return to progress? Or can you learn from that failures and move forward or "Fail Forward" using what you learned from this moment in time to make yourself better and stronger.

"Fail early, fail often, in order to succeed sooner." – Tom

What is the biggest fear that you have?

Sandberg

"What would you do if you weren't afraid?" – Sheryl

What is the worst possible thing that can happen?

## Getting Better Goals

The best way to keep moving forward and achieving your best self, one should set goals BUT not just any goals, "**Getting Better Goals**". There are "be good" goals (perfection) and "getting better" goals. (progress) which will assist you to strive to improve on yourselves. The "getting better" goals generally lead to more happiness because it is part of the journey, not an end-point. You will be much more likely to take pleasure with every improvement along the way.

New Getting Better Goals:

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## The Power of Small Wins Toward Progress

The top motivator of performance was progress. *[source: Harvard Business Review]*

We all want to achieve something. Who doesn't want to know they have advanced towards a target, overcome a challenges and helped your company achieve its business goals? Progress! Let's celebrate progress, even the small milestones along the way to a bigger target. We are much more productive and driven to do our best work when we feel as if we are making progress every day toward a goal that matters.

## Daily Disciplines To Keep Progress Alive

- Set intentional progress goals and stay in tune to assess "progress" on your journey
- Reprogram your thought process
- Motivate: Coach yourself by using the below phrases that counter perfectionism, such as:
  - "If I stop to look around, I realize nobody is perfect."
  - "Mistakes are an opportunity to learn."
  - "My best is good enough."

These techniques require practice. As you keep rehearsing them, note your successes, celebrate your wins and reward yourself for them. This creates an upward spiral for your self-esteem. Remember, being you is perfectly okay.

## What's Yoga Got To Do With It?

- **Practice For Progress** Everyday we get a chance to "practice" with goal get a bit better every time.
- **Get Flexible** With increased flexibility and building of strength we can adapt better to change. Keep this in mind in your professional and personal life that the more you "practice" and push your flexibility level, you may be surprised at how adaptable you are and how that ability can assist you to alter a course quicker in the future or convert challenges into opportunities toward progress.
- **Quiet Time** It is healthy, as well important, to quiet the mind and set an intention (goals or priorities) for your day. Invest time to check in with yourself to review priorities, set or assess "getting better" goals and find the energy -- you will achieve anything! You may even want to have a self debriefing session at the end of every day to review progress and set steps (or goals) for the next day.
- **Namaste** Take the time everyday to be grateful for the light (strengths and goodness) that you see in yourself as well as in others.

## NOTES:

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